

# Energy BOOSTING BUDDHA BOWL

by  
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Noelle is a dietitian and mom of three boys. She has a passion for educating, inspiring, and supporting others to make the healthiest choices possible with the resources available. Noelle has a blog ([motherhoodandmeals.com](http://motherhoodandmeals.com)) where she shares recipes, nutrition tips, and snapshots of her journey through motherhood.

Noelle also has a private practice ([www.rdservices.ca](http://www.rdservices.ca)) and teaches courses at a Brescia University College in Ontario, Canada.



## Nutrition Facts

servings per container  
Serving size (192g)

Amount per serving  
**Calories 210**

% Daily Value\*

**Total Fat** 12g 15%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 100mg 4%

**Total Carbohydrate** 21g 8%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 8g

Vitamin D 0mcg 0%

Calcium 145mg 10%

Iron 2mg 10%

Potassium 213mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Prep time:** 15 Minutes  
**Cook time:** N/A  
**Serves:** 4-6 People

### INGREDIENTS:

- TOMZ® Cherry Tomatoes, whole or halved
- 1 NatureFresh™ Farms Orange Bell Pepper, diced
- Kale
- Edamame
- Black Beans
- Almonds, whole or slivered
- Quinoa
- Apples, Diced
- Olive oil
- Balsamic vinegar
- Lemon juice

### TIME SAVER TIP:

This is an amazing option for a weeknight when you need a nourishing meal on the table soon after walking in the door – you can prepare everything ahead of time and put it all together quickly!

### DIRECTIONS:

- Wash all produce before preparing your meal.
- Place kale onto a plate or bowl.
- Add all other ingredients in ¼-½ cup portions.
- Drizzle all ingredients with oil, vinegar, and fresh lemon.

### NUTRITION TIP:

This is just one example of many ways that you can build a bowl or plate packed with leafy greens, bright-colored vegetables and fruits, high quality protein sources, and hearty grains. This is a wonderful meal to have children help prepare as they can "build their own" bowl!

For recipe ideas visit: [naturefresh.ca](http://naturefresh.ca)

Check out Noelle on instagram: [@motherhoodandmeals](https://www.instagram.com/motherhoodandmeals)

